

قال رسول الله ﷺ
"يَا غُلَامُ ، سَمِّ اللَّهَ ،
وَكُلْ بِيَمِينِكَ ، وَكُلْ مِمَّا يَلِيكَ"

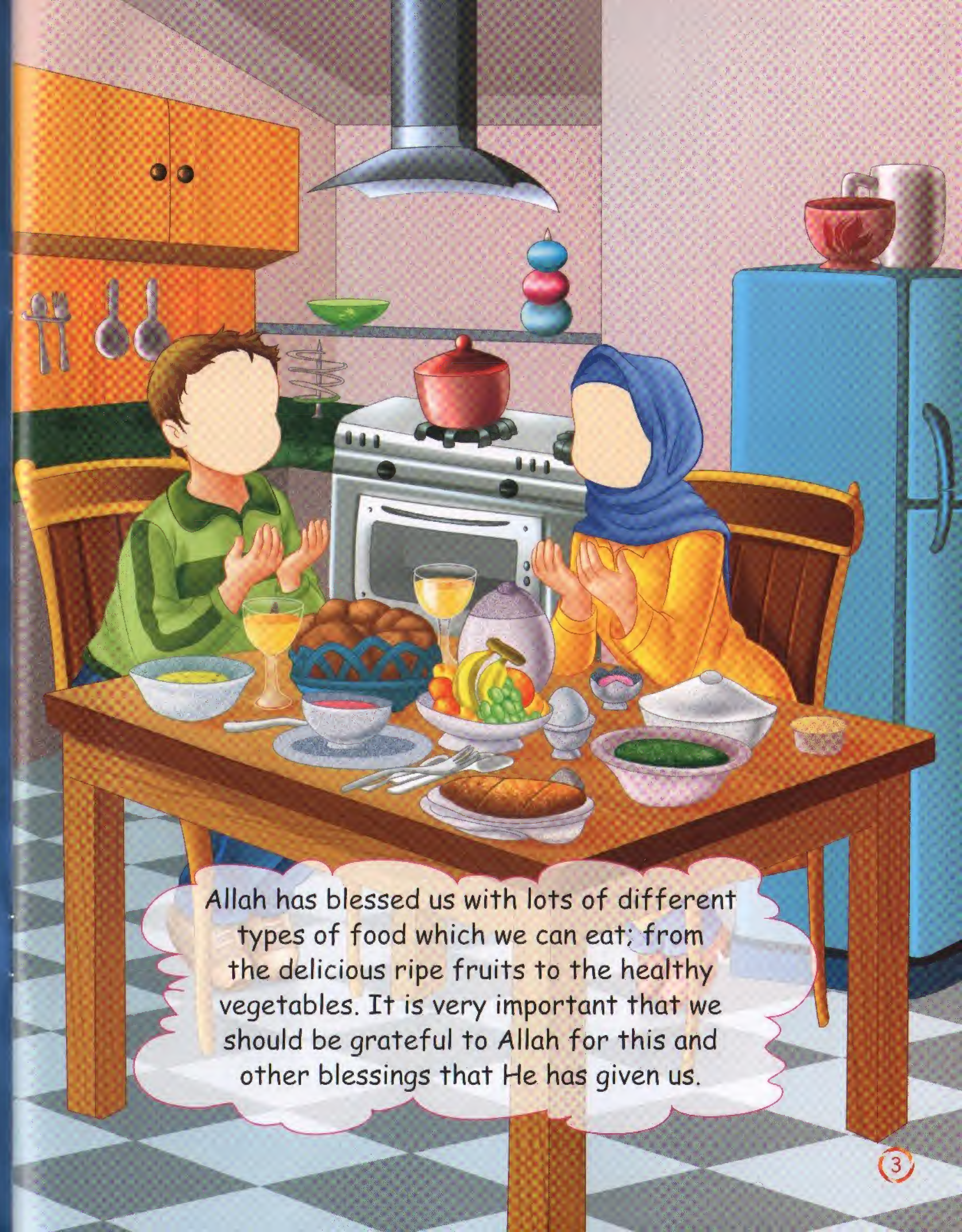
The Prophet ﷺ said:

"O boy !

Mention the name of Allah,
and eat with your right hand,
and eat of the dish what

is nearer to you".

{ Reported by Al-Bukhari (5376) }

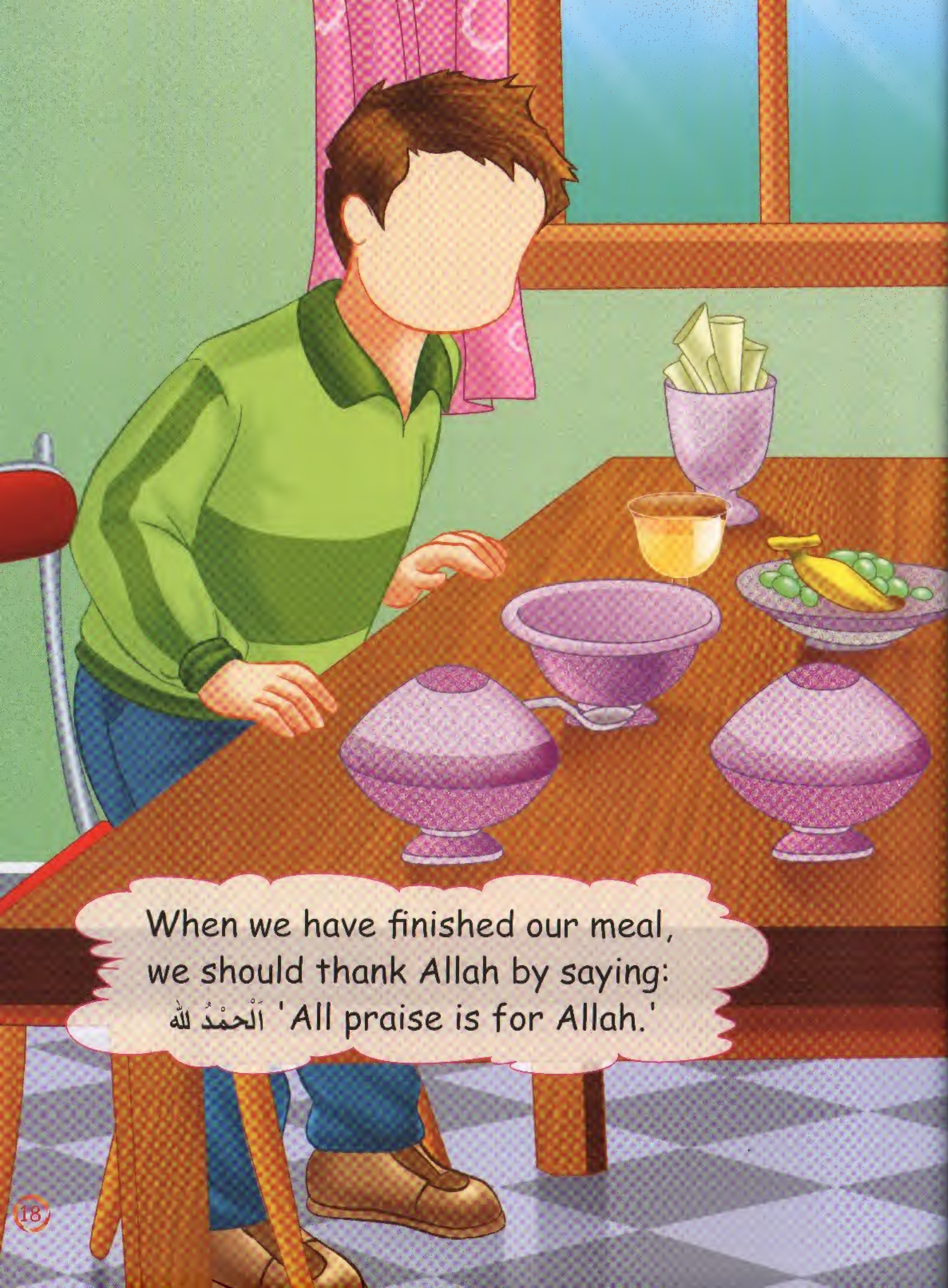


Allah has blessed us with lots of different types of food which we can eat; from the delicious ripe fruits to the healthy vegetables. It is very important that we should be grateful to Allah for this and other blessings that He has given us.

We should also try and put small amounts of food into our mouths, not large ones. Do you know why?

Well, so that we can chew the food well and it will digest in our tummies properly, otherwise we can get a tummy ache.





When we have finished our meal,
we should thank Allah by saying:
'الْحَمْدُ لِلَّهِ' 'All praise is for Allah.'

